

NMCI cutover: move it or lose it

By JO1(SW) Dave Hites

Lighthouse Staff

On Oct. 1, the Navy/Marine Corps Intranet (NMCI) Information Strike Force (ISF) assumed responsibility for the Naval Base Ventura County network, desktop support, and help desk. On Dec. 2, they will begin rolling out the new workstations. Before the rollout, all users need to collect into a single folder all data they want transferred to the NMCI network or they will lose it forever.

When the strike force replaces the current PCs, they will be looking for a folder named "MIGDATA" which should contain all the user's files. What should not be put into this folder are programs or applications. "In other words, anything the user has created and wants to keep should be put into the MIGDATA folder," said George Ramirez, the NBVC customer technical representative for NMCI.

With less than a month to go until cutover, users need to get busy organizing their files. "Users need to know where all of their data is. Ideally, users should create their MIGDATA folder before Thanksgiving. After that, any files left behind will not be transferred to the new network," said Ramirez.

The strike force will be rolling out nearly 2,000 seats over a two-month time period starting in December. "The rollout schedule will be given to UIC POCs," said Ramirez. Users can also see the schedule for themselves online at http://199.114.28.9/vnn/nmci/index_nmci.html.

Users can also download the "Ready, Set, Go" guides at this site, which will take

them through the transition step by step.

To make the transition even easier, users can attend a briefing one to two days before their cutover date. An Operational Readiness Training (ORT) training schedule will be made available to each organization prior to installation of their new workstations. The ORT will cover familiarization with the NMCI environment. "Users attending this brief eliminates 90 percent of the questions we normally get," said Ramirez.

Once users take delivery of their new PCs, they will be required to sign a receipt verification. Signing it only acknowledges that the rollout has been completed. Any problems or concerns about the new hardware or questions about using the new equipment should be addressed to the help desk. The new number will be given with each new workstation, and will be different from the current Customer Support Center help desk number, 228-8191.

Some issues like shared network drive space and NBVC Web sites are still being discussed, but the strike force is working to quickly resolve these issues.

For now, however, Ramirez says users' main focus should be on collecting and organizing their files into their "MIGDATA" folder.

Users might also want to stock up on rewritable CDs as the new PCs (with a few exceptions) will all have rewritable CD drives in place of zip drives or other large capacity data storage mediums.

Users are asked to be patient as the new network comes online. The help desk staff will do its best to resolve any problems as quickly as possible. Be sure to check the NMCI Web site for future user news.



Vice Adm. Gerald Hoewing

New Chief of Naval Personnel to visit NBVC

In his first visit within CONUS after taking over the position of Chief of Naval Personnel, Vice Admiral Gerald Hoewing will visit the Sailors of Naval Base Ventura County Nov. 12 for two all-hands meetings at the Port Hueneme and Point Mugu base theaters. All hands are invited and encouraged to attend. **Point Mugu Station Theater: 2 p.m.**
Port Hueneme Needham Theater: 3:30 p.m.

Laguna Peak Challenge, a tough 5K

By Kim Upshaw

Lighthouse Staff

POINT MUGU, Calif. — This year's Laguna Peak 5K Challenge was held under slightly overcast skies and cool temperatures, perfect race weather according to any competitor of this kind of event, at the base of Laguna Peak. At 9 a.m. Sunday, Oct. 28, the race was underway.

The race, which began in 1983 as a run

for energy awareness, has since evolved into its own event. "This race is regarded as one of the toughest 5K's in the area due to the climb," said Kent Blankenship, MWR recreation director. "It boasts an 11 percent grade, going from sea level to just over 1300 feet above sea level. After the first 2/10th of a mile the race is nothing but uphill."

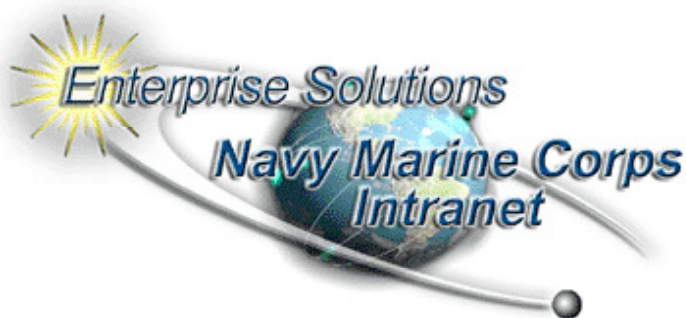
Last October's 5K was cancelled due to the force protection requirements in place

See 5K, Page 4

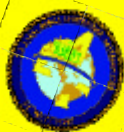


PH3 Tony Hayes

Henry Layne prepares to take first place Nov. 2 at the NBVC Morale, Welfare and Recreation Laguna Peak Challenge. Layne completed the race in 24:29.



NMCB-4 gets fit with conditioning marches... page 8



The 'Eyes of the Fleet' get a new pair of glasses... pages 12 & 13



Bush OKs biggest defense-spending jump since Reagan

By Dean Calbreath

San Diego Union-Tribune

Used with permission

With the nation on the verge of going to war against Iraq, President Bush has signed into law a \$355.1 billion defense spending bill, giving the military its largest increase in two decades. Bush said the bill, which includes a 4.1 percent military pay raise and funding for new weapons systems, would give the armed forces "every advantage required" to wage war.

"Our nation faces grave new dangers," Bush said during a ceremony in the White House Rose Garden at which he was flanked by the uniformed commanders of the armed services and a handful of key lawmakers. "We've asked our military to prepare for war with Iraq, if it proves necessary." The budget is \$37.5 billion higher than last year's allocation – an increase of nearly 12 percent. It is the biggest increase since a pair of 17 percent increases in 1981 and 1982, when Ronald Reagan was president.

In addition to the defense spending bill, Bush signed a \$10.5 billion military construction bill to fund new and upgraded military installations and military housing, including nearly \$150 million for projects in San Diego County.

When combined with a \$14 billion boost in emergency defense spending approved earlier this year, as well as a special defense

program for the Energy Department, the bills combine into the largest defense budget in inflation-adjusted dollars since the Vietnam War. The budget, which made its way through Capitol Hill in the spring and summer, does not provide any special funding for the war with Iraq. If war is declared, additional funding may be necessary.

"Assuming that we do go to war with Iraq, this budget could be the tip of the iceberg – a down payment on even bigger defense spending," said Sung Won Sohn, the lead economist at Wells Fargo Bank who has been studying the possible economic impact of war on the economy. "We'll probably be giving back all of the peace dividends we've received in the past (after the end of the Cold War) – and probably more," Sohn said.

Key provisions of the budget include: \$7.4 billion for a national missile defense system. Bush gained the funding despite the objections of Senate Democrats, who questioned whether such a system would work and whether it would do anything to protect the United States from the enemies it now faces.

Another \$4 billion for 23 F-22 Raptor fighters for the Air Force, \$3.5 billion to develop a Joint Strike Fighter, \$3.3 billion for 15 C-17 transport aircraft and \$3.2 billion for 46 Navy F/A-18 Super Hornet fighters has also been approved.

Tack on another \$2.3 billion for two destroyers, \$1.5 billion for an attack submarine,

and \$1.3 billion for cost overruns on ships funded by earlier budgets.

Locally, the defense budget means more business for shipbuilders, and for laboratories that provide technology to the military. Industry sources estimated that the budget will bring San Diego companies as much as \$400 million for ship repairs and maintenance, as well as about \$300 million for building ships. The \$700 million total compares with \$678 million last year, according to figures compiled by the San Diego Regional Chamber of Commerce.

"The budget does a lot for our economy and a lot for jobs here," said Monty Dickinson, president of Southwest Marine Repair. Because Congress approved a temporary budget in anticipation of Bush's signing the official budget, "the money is already being spent," Dickinson said.

Beyond the waterfront, the budget provides funding for two unmanned aerial vehicles developed by San Diego companies, with \$171 million for the Global Hawk system designed by Northrop Grumman Ryan Aeronautical Center and \$131 million for 22 Predators produced by General Atomics. Both vehicles have been used in Afghanistan.

"But our chief business with the military now is not aerospace and shipbuilding," said Kelly Cunningham, economist for the San Diego Regional Chamber of Commerce. "Instead, our major defense work is high-tech and engineering. You can attribute that to the

presence of SPAWAR" – the Space and Naval Warfare Systems laboratory based here. Cunningham said that last year, the military brought \$10 billion to the local economy, with payroll representing about half that figure.

Cunningham said the 4.1 percent raise included in Bush's budget could lead to more spending by local Marines, Sailors and soldiers. It is the third pay raise in a row that exceeds increases in the cost of living. But if the United States goes to war with Iraq, that boost to the economy might be wiped out, he said.

"When you ship the troops out, that means they are not spending any money here," he said. "And their families generally become more conservative in spending until they get back."

CORRECTION

In the Oct. 24 Issue of The Lighthouse, a headline incorrectly stated the duration of Mr. Charles Gardner's employment at NAVAIR. Gardner, who passed away recently, was enlisted in the Navy from 1959 to 1961, then received a bachelor's degree in aerospace engineering from Cal Poly Pomona in 1965. He then worked for Naval Air Warfare Center from 1965 to 1995.

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Knight takes Bishop



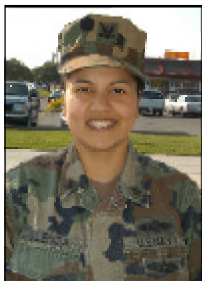
LN1 (SCW) Kevin DuBose

It was a big chess match between UT2 Sergio Mendoza of San Bernardino, Calif., and YNSN Jessica Ramirez of Los Angeles, Calif., while touring Albufeira, Portugal. The Seabees are assigned to Naval Mobile Construction Battalion (NMCB) Five deployed to Rota, Spain.

If you should ask me...

What's your favorite new TV show this fall?

CSI: Miami. Because they show that there is no such thing as a perfect crime.



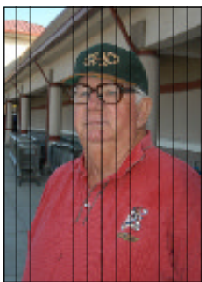
YN2 Valencia, CBC Port Hueneme



That 70s Show. It seems down to earth and it's the only one that makes me laugh.

EO3(SCW) Anthony Kiefer, NMCB-4

JAG. It's a Navy western. If you come in in the middle, you haven't missed anything.



HMC (retired) Bob Handy



The Practice. Because I'm a law freak.

CE1(SCW) Cory Stevens, NMCB-4

Life with Jim. It shows what happens in a long-term relationship.



EO2 Dillard Lane, NMCB-4

Community Calendar

Sharing Thanksgiving 2002

The NBVC Chapel invites you to participate in a food drive to reach out to our local communities for this holiday season. This is a great opportunity to share our blessings with others in the true spirit of Thanksgiving!

What to donate: Assorted canned goods (processed meat, sauces, soups, etc.), rice, condiments, pasta and other packaged food products. Thanksgiving food items such as corn, mashed potato mix, etc. will be extremely useful for the Thanksgiving holiday meal.

Who will benefit: All food donations will be distributed to (1) the Ventura County Mission, which operates a soup kitchen serving hot meals daily to the homeless; and (2) the Catholic Charities, Ventura County, which maintains a food pantry for low-income families.

When to donate: Nov. 1-21, 2002. On Friday, November 22, the Chapel staff and volunteers will sort out all food donations and deliver them to these two centers. If you wish, you can come along with us when we deliver the items to them on Nov. 22.

How to donate: The Chapels at Point Mugu and Port Hueneme will serve as the central collection points for this food drive. You can drop off your donations there directly. Each work center can also serve as a collection point; you may set up a container or box to receive your people's donations, then transfer them later to the Chapel. We need all donations in by c.o.b. Nov. 21.

Point of Contact: RP2 Andrea McFarland is the overall coordinator for this project. You may reach her at (805) 982-4358 for any questions you may have.

Please pass the word around to your co-workers, friends, and family. Thank you for your support!

Seabee Mystery Theater

The CEC-Seabee Heritage Center invites you to attend Seabee Mystery Theater every Friday at noon, beginning Nov. 8. Drawing from the Museum's extensive historical film collection, each week the Heritage Center will show "new" historical film including military training films, construction and battle footage. The film will be presented in the Museum located in Bldg. 99 at Port Hueneme. Each presentation will last approximately 30 minutes. Visitors are welcome to bring a brown bag lunch to enjoy while watching the film.

The week's feature presentation will be posted at the Museum and on the Museum's web site at <http://www.ncbc.navfac.navy.mil/cecmuseum>. For more information, please contact Kim Crowell, the Museum Public Outreach coordinator, at (805) 982-5611.

Seventh Annual Veterans Day Celebration

The Seventh Annual Veterans Day Celebration is scheduled for Monday, Nov. 11. Program starts at 11:11 a.m. at the memorial in Oxnard's Plaza Park at 5th & C Streets.

Keynote speakers will be CBC Commanding Officer Capt. James Cowell with a veterans perspective by Steve Weber. The celebration will feature Christine Portillo & "Voices of Love" Choir singing "A Patriotic Salute in Song".

There will be a free continental breakfast from 9:30-10:45 a.m. hosted by the Kiwanis Club and the Salvation Army.

Free personal size American Flag to first 500 present!

For more information, contact the Veterans Commemorative Committee at 983-3536.

Flyover at Ronald Reagan Presidential Library

The Ronald Reagan Presidential Library will celebrate Veterans Day, Nov. 11, with a salute to our armed forces.

The day will include a display of vintage military equipment from the Civil War, World War II and Korea. At 11:11 a.m. a Commemorative Air Force three plane flyover will include a T-28 Trojan, F8F Bearcat, and F6F Hellcat. At 2 p.m. the Ventura County Concert Band will conduct a patriotic concert with a special salute to all the branches of the armed forces.

Current military equipment will also be on display, illustrating the proactive and ever vigilant service our armed forces provide. Items on display include a missile float, military working dogs, and Navy aircraft survival equipment.

All outside activities are free to the public, and regular admission rates apply to visit the museum. However, veterans will be admitted free to the museum and all events throughout the day.

The temporary exhibit on display in the museum is "American Heroes of World War II: The U.S. Armed Forces, 1941-1945." In the aftermath of the devastating attack on Pearl Harbor, some 16 million men and women from every state and territory donned their country's uniform. Some of them became famous generals or future presidents of the United States, but the majority of those who served were ordinary people, called upon to make extraordinary sacrifices. American Heroes of World War II tells the stories of many of the men and women who proudly came to their nation's aid during its hour of need. They have been called "the greatest generation." Their deeds and sacrifices gave birth to the world we live in.

For more information, contact Lou Anne Missildine at (800) 410-8354 x2041.

Local runners challenge themselves to Laguna Peak

Continued from Page 1

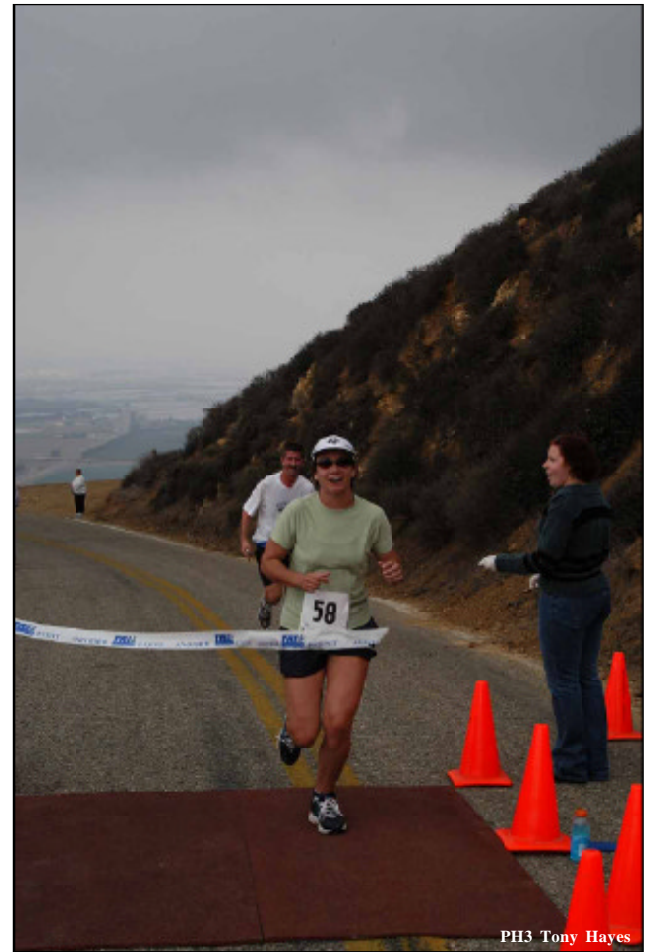
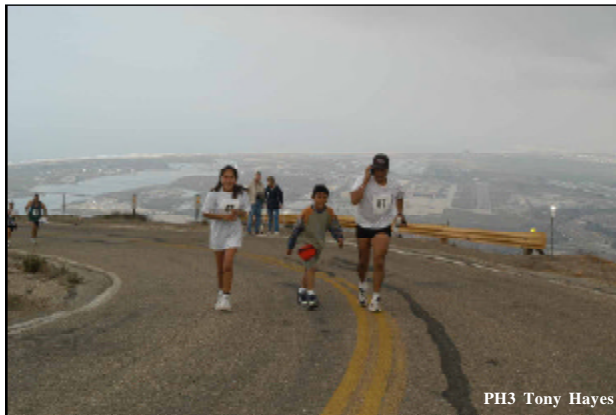
following the terrorist attacks of Sept. 11. "The event only happens once a year and is one of only two times a year that the peak is opened up to the public," said Blankenship. "Unfortunately last year's event was cancelled after the terrorist attacks of Sept. 11 so this is the first time since that we have held this race." The other event that opens the peak up to the public is another 5K, which is held in the spring.

Both the overall winner and the overall winner in the women's category were military dependants. This year's top finisher was Henry Layne who completed the race in a mere 24:29. Bridgid Blakesley was the top women's finisher with a time of 36:09. She managed to finish the race just 24 seconds in front of her husband, Lt. Gary Blakesley of BUPERS Det. Point Mugu. "We both decided it would be a fun outing to do together," she said. "Not to mention that it was great to finish with my husband cheering me on from behind."

More than 80 people participated in the race including NBVC CMDMC Ron Van Dyke, who finished in the top half of the participants and fifth in his age range, Lt. Cmdr. Bruce Nevel, XO for NMCB 4, who finished eighth overall and first in his age range. One of the local Navy's premier triathletes, DTC(SW) Donald White of NMCB-3, who finished thirteenth overall and third in his age class.

The Laguna Peak 5K Challenge is held every October and is open to all who wish to participate. For more information on this or any other MWR sponsored program call (805) 989-7940.

Far right: The top finisher in the women's divisions, Bridgid Blakesley, crosses the finish line. Center: A runner takes an important cell phone call while running the race with his family.



American Red Cross, a friend indeed

By JO1(SW/AW) Armond Pree

Navy News Service

WASHINGTON (NNS) – When one thinks of the American Red Cross, one thought comes to mind – blood. But the truth of the matter is that the Red Cross provides a multitude of other services throughout the world.

For military members and their families, the Red Cross can play a vital role in their lives, especially in the event of a family emergency.

"All soldiers, Sailors, airmen, Marines and Coastguardsmen, who are often in harms way, need to know they can count on the American Red Cross to help them communicate with their family back home," said retired Rear Adm. Marsha Johnson Evans, president and chief executive officer of the American Red Cross. "All too often, members of the military don't know about our services until they're deployed. We're stationed wherever troops are deployed."

According to Evans, the Red Cross "movement" began on the battlefield supporting the service member, and today, the mission is still the same; supporting troops wherever they're deployed.

"The American Red Cross keeps military personnel in touch through casework ser-

vices ranging from illness, death and birth notifications, to child care and family counseling and guidance services," said Evans. "We do this with our 24 hour-a-day, seven day-a-week emergency support network, located in more than 900 American Red Cross chapters across the nation, on 109 military installations around the world and in two Armed Forces Emergency Services (AFES) communications centers."

AFES is the link between deployed military members and their loved ones back home. Using modern technology, the staff at AFES centers can efficiently provide time-sensitive services, which require personal and confidential attention. And contrary to popular belief, the scope of services provided by the Red Cross goes far beyond that of just active duty service members.

"While serving 1.4 million active duty personnel, the Red Cross 'Get to know us before you need us' campaign reaches out to an additional 1.5 million National Guard and Reservists," explained Evans. "American Red Cross services are also available to members of the Reserve Officer Training Corps (ROTC), recruiters, Commissioned Corps of the U.S. Public Health Service, U.S. Army Corps of Engineers, retirees and their families."

The numbers are staggering: nearly

500,000 military families were assisted in 2001 and nearly 700,000 case services were provided, such as health and welfare inquiry, birth announcements and death notifications.

"Locally, 537 military families were assisted, and 2,952 services were offered," said Monica Streeter, AFES Specialist with Ventura County chapter of the American Red Cross. Services are defined as notifying service members of a death in the family, a birth and contacting officials to verify information, and assisting with emergency leave.

"In 2002, the American Red Cross, in partnership with military aid societies, provided more than \$3 million in emergency financial aid to more than 3,700 service members, their families, retirees and widows of retirees," said Evans. "The Red Cross may provide access to financial assistance either as an interest-free loan or as a grant for travel expenses when a personal or family crisis arises which requires the presence of the service member or their family."

Evans went on to say that financial assistance might also be provided for emergency

travel, burial assistance or urgent health and welfare needs, such as food and shelter.

No one knows when tragedy will strike. But in the event it does, Sailors and their families can rest assured help is available. Sailors stationed at home and abroad can call the Red Cross 24 hours a day, 365 days a year at 1-800-540-2000.

The toll-free number is available through base operators and from local on base Red Cross station offices, or visit the Web site at www.redcross.org.

JO1 Alex Carfrae contributed to this report.



PH2 R. Rubio

Two members of the International Red Cross make a daily "Quality of Life" spot check of Taliban and al Qaeda detainees held by U.S. Forces in Afghanistan.

Cub Scouts work with housing to give parks a face-lift

By Kim Upshaw

Lighthouse Staff

What do seven Cub Scouts, eight Boy Scouts, three Dental Techs, one Homeport Liaison, and seven members of the AIMD First Class Association along with their family members and scout leaders have in common? They all recently gave up four hours of their Saturday to pull together and clean-up a neighborhood park that had become run down, overgrown with weeds and overfilled with trash.

The project was coordinated by Peter Faulk, housing management specialist for the Naval Base Ventura County Point Mugu site. It was one that required a lot of planning to get all five of these groups together on the same day to take an unsafe park filled with trash and make it into a safe place for children to play.

"I thought that this project was great because it involved work that I knew the boys could handle," said Faulk. "I believe in community service and that it helps to establish a feeling of belonging within the housing community, something like this gives the kids a feeling of ownership. I also think that working together with a community oriented group such as the Cub Scouts demonstrates that housing really does care about the people who live aboard NBVC."

"We are chartered by Naval Base Ventura County," said Glenn Kaler, committee chairman for pack 3248. "Since they sponsor us we try to do as many service projects as we can for them each year." The Boy Scouts of America requires troops and packs to do one service project a year for their chartering organization. The Cub Scouts from 3248 usually do six or seven projects a year, including beach clean-ups, park clean-ups and even picking up trash along the perimeter of the bird sanctuary on Point Mugu.

This particular project involved things like moving sand from the outside of the play ring back into the play area where it belonged, and the use of tools like yard edgers and while all Cub Scouts practice the motto of "Do your Best" they recognized the fact that they would

need a little bit of help with this particular project and called in the Boy Scouts of Troop 262.

The Boy Scouts from Troop 262 are chartered by St. Columbus Episcopal Church in Camarillo. Most of the boys who bridge from the Cub Scout pack on Point Mugu join with this troop because of the reputation they have as one of the more active troops within the area. Joseph Clickener, who is a 14-year-old Star Scout with the troop lives on Point Mugu and says that he likes that the troop is active. "I enjoy helping out in the community, it is great to give back to the base since I live here."

Christopher Clickener is an 11-year-old tenderfoot Scout and still in his first year with the troop. He bridged to troop 262 from pack 3248 in February of last year. "I like to do stuff that helps other kids to have fun, by cleaning the park we have helped to make it safer for all the kids who live here."

The scouts spent about three hours, pulling weeds, filling in holes and picking up trash in the park. They were assisted by several active duty military members who were willing to give up a part of their Saturday as well. DTC Donald White from NMCB-3 put out the call for help. "I put out the word to support the Scouts," he said. "The Dental Clinic really came through for us on this one." Aside from his duties with NMCB-3 White is also a leader with the Cub Scouts on Point Mugu. "I enjoy doing Scouts with my son, it gives us a chance to spend some quality time together while doing something meaningful for our community."

After the group finished the clean-up of the park they all met back at the Point Mugu Housing Office where they were greeted by the smell of fresh grilled hamburgers and hotdogs. The boys were rewarded for their hard work with a Bar-B-Que courtesy of the Housing Office, Wells Fargo Bank, who donated the food, and the AIMD First Class Association who did the cooking.

This group of 35 individuals pulling together to reach a common goal, proved that if you work together you can accomplish anything.



Werner Bruckner, assistant cubmaster for Pack 3248 removes overgrown weeds from the park while his son, 10-year-old Coby, rakes the trash into a pile for pick-up. His sister, four-year-old Sophia, scurries to get out of the way.



The clean-up crew L to R (sitting) Robin Holbrook, Hartford, Ivan Dorcey, Stephanie Henry, Nick Olson, Andrew Goldberg, Tanner McCrary, Laura Henry, Elizabeth Hartford, Rob Clickener, Courtland Hartford, Frank Royer, Matthew Henry, Ian Dunning, Mike Moise, Doug Whitesell, Glenn Kaler and Senior Chief Shawn Crosby. (Not pictured—Coby Werner and Sophia Bruckner, Joseph and Christopher Clickener, Donald, Suzanne, Bradley and Amanda White)

Military Family Week programs announced

In honor of military families, NBVC Fleet and Family Support Center is announcing several programs for national Military Family Month during the month of November.

The center is offering 'Kids Keep in Touch: Letters for Those You Love,' a workshop for children ages 5-12 to assist them in writing letters to parents deployed and other loved ones. This is being held at the Welcome Center (Bldg. 1169) at Port Hueneme Nov. 19 from 5:30-7 p.m. To register for this workshop, call 982-5037 or 989-8146.

In addition to this event, the Armed Services YMCA is sponsoring Art Contest 2003 for children in kindergarten

through sixth grade, and Essay Contest 2002 for children in first through 12th grade. Winners receive \$100 and \$500 U.S. Savings Bonds. For more details, call or visit the FFSC or the Armed Services YMCA's website at www.asymca.org.

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. Celebrating 141 years, the Armed Services YMCA, and affiliate of the YMCA of the USA and headquartered in Alexandria, Va., has more than 80 program locations around the world.

Flu shot can prevent serious illness

By Lt. Alfred Fernandez

U.S. Naval Hospital Yokosuka

YOKOSUKA, Japan (NNS)—Influenza, or the "flu," is a potentially serious disease that can be especially dangerous for young children, persons over 65 years of age, and those who have weakened immune systems and long-term health problems.

The good news is that Influenza can be prevented with a simple flu shot.

Influenza is a virus that is spread from infected persons to the nose and throat of others via aerosolized droplets in the air. Influenza can cause any one or a combination of the following symptoms: fever, cough, sore throat,

chills, muscle aches and headache.

In addition to other protective measures such as frequent hand washing with soap and water and covering the nose and mouth while coughing and sneezing, a vaccine is available that can protect people from catching the flu.

Protection against influenza generally develops two weeks after receiving the shot and may last up to a year. Anyone who received an influenza shot last year has to receive another one because the virus and the vaccine change annually.

Historically, flu season peaks from January through March. However, getting immunized before this timeframe is the best way to reduce your chance of catching influenza.

NMCB-3 conducts unique chemical decontamination exercise

By ENS Richard Contreras

For NMCB-3 Public Affairs

For the first time ever in Port Hueneme, a homeported Seabee battalion recently completed a full-scale equipment and personnel decontamination exercise. Naval Mobile Construction Battalion Three became just the third battalion in the Naval Construction Force to execute such an exercise. Much planning was done ahead of the exercise to gather all the resources necessary to decontaminate or "clean" thirty-one pieces of civil engineering support equipment and all associated personnel. Over 120 motivated Seabees participated in this exercise, each one contributing greatly to the success of the event.

The 'Bees of Three played out a probable scenario where a convoy of vehicles is forced to drive through a chemically contaminated area and then "clean" themselves once through. The exercise began shortly before 1:00 pm, with every Seabee donning their Mission Oriented Protective Posture (MOPP) gear and convoying through the decontaminated site. The over garments, boots, gloves and gas mask of the MOPP suit provided the 'Bees protection from the 'chemical' contamination surrounding them. Each vehicle was "contaminated" with corn syrup and a touch of Simple Green spray to simulate a chemical agent. It took an hour and a half of setup before the first vehicle was processed through the equipment decontamination line, with

over 30 Seabees ready to take each vehicle through five different stations from initial wash to its final check for any residual contamination.

The original estimate for complete decontamination was twenty-four hours, but the motivated Seabees "cleaned" the entire convoy in under 15 hours. Through it all, the troops maintained high spirits and understood the importance of conducting this exercise and rehearsing this skill.

The exercise provided valuable lessons learned and areas where improved training may be required. For example, some Seabees were handling new equipment for the first time, including the M-17 Power Driven Decontamination Apparatus that is used to clean the vehicles with hot, steamy water. The optimum number and duration of work-shifts were also determined, which allowed Seabees on the decontamination lines to "clean" themselves from MOPP gear and insert a fresh crew to continue operations.

As the Seabees continue to hone their decontamination skills, we continually test the endurance of the people involved, even in the most tedious tasks. Hopefully, the Seabees will never have to operate in a chemically or biologically contaminated environment, but if we ever do, training exercises like this make us confident that we will survive and successfully complete our mission. Thanks to the hard work of over 120 Seabees, NMCB-3 is even more prepared to do just that.



U.S. Navy photos

Should the need ever arise, these Seabees will be glad they participated in this decontamination drill.



Although uncomfortable, these protective suits and masks are necessary to accurately simulate the drill.

Conditioning march gets *Fabulous Four* into fighting form

By HMC(FMF) Nathaniel Jones

For NMCB-4 Public Affairs

PORT HUENEME, Calif. – Recently the Seabees of Naval Mobile Construction Battalion (NMCB) Four replaced their blue PT outfits with Kevlar helmets, flak jackets, gas masks, web belts and, in this particular case, their M16 rifles.

After the battalion was formed, instead of running to cadence, it marched. The battalion is conducting a series of conditioning

marches during homeport period to learn to wear combat gear like a second skin.

"The whole idea behind a conditioning march is to ensure that every Seabee knows how to wear their field gear," said BU1(SCW) Leif Tucker of NMCB-4's Charlie Company. "A conditioning march means that you make the adjustments to the gear here in training rather than out on an actual contingency."

For some seasoned Seabees, putting on the "fighting load" was a matter of hook, snap and click. The junior Seabees learned quickly

why it was important to get used to their gear.

"There were a couple of new people who had their gear on improperly and they were complaining on why they had to wear it like that," said BU3(SCW) Mayra Lugo, also of Charlie Company. "After walking around a few minutes, the reason clicked on in their head, and then they got the message."

Months before the conditioning marches commenced, the battalion decided on one set way their '782 gear' was to be worn. Everything, from the wearing of their protective suits to the placement of their magazine pouches, was rehearsed and rehearsed again before the first march commenced.

"I was asked to be a model for the 782 Gear setup," explained EA3 Chad Hook of Operations Department. "Once everything was agreed upon, I put on the gear according to requirements and had pictures taken of me, then the pictures were electronically distrib-

uted to the fire teams, squad leaders and platoon commanders."

During the first march, the battalion paid a visit to the Naval Construction Training Center's confidence chamber at Port Hueneme. Despite the new, politically-correct name, the Seabees still called it the gas chamber. On the following march, Alfa Company decided to add a little zing to the march.

"We (Alfa Company) all marched to the gas chamber with our gas masks on!" said EO2 Tony Magee. "Not only did it get us used to walking around in a simulated chemical environment, it boosted the company's morale. I thought it was pretty cool myself!"

Making the most of their homeport training, the "Fab Four 'Bees" continue to train, looking forward to more conditioning marches and their upcoming field exercise at Fort Hunter Liggett Military Reservation, scheduled near the end of the year.



PH2 (AW) Chris Perkins
BUCN John Stevens does what only a few hundred Seabees have ever done: Take off his gas mask in the Confidence Chamber.



JO1 Rich Henson
NMCB-4's Alfa Company marches with their gas masks on during the first Conditioning march.

VX-30 selects Sailors of the Quarter



AE1 Ricardo Martinez

make him one of only three individuals holding qualifications on three aircraft types. Martinez's resume includes a variety of collateral duties including Hangar 34 Facilities Manager, Duty Section Leader, and LPO for the All Hands Mess. Over the years he has attained a bachelor of science in professional aeronautics and is currently pursuing his final qualification for FAA Airframes and Power Plants License.

VX-30's Senior Sailor of the Quarter, AE1 Ricardo Martinez, was assigned as the Operations Schedules Supervisor, scheduling 135 aircrew over 867 flight hours for F-4, F-14, NP-3D, C-130, and SA-227 aircraft. AE1 Martinez is also a NP-3D Flight Engineer with an amazing 6,137 flight hours. He is close to completing both his C-130 Loadmaster and Metro (SA-227) Crewchief qualifications which will

AT2 Michael Esparza picked up the Sailor of the Quarter award for his performance while on TAD with the Auxiliary Security Force (ASF) and NP-3D Radar Operator NATOPS Instructor, a billet normally held by a First Class Petty Officer. He is a qualified SA-227 aircrewman and has completed 12 courses toward a bachelor's degree in business administration. Esparza continually sets a high standard with his involvement with the Command Fitness Enhancement Program by volunteering off-duty time to ensure the program runs effectively, even while TAD.



AT2 Michael Esparza

The Junior Sailor of the Quarter was AME3 Louis Vanlaningham whose primary duties involved his work as an environmental/egress systems technician and responsibilities as an F-14 A/B/D aircraft plane captain. As a third class, Vanlaningham demonstrated superior leadership through several special command inspections, multiple "CNO-1" high priority missions, and the mentoring and qualification of two other plane captains. Vanlaningham added to his resume with his collateral duty as Individual Material Readiness List Petty Officer and participation with the Habitat for Humanity of Ventura County in his off-duty hours. He is also pursuing a degree at Oxnard College.



AME3 Louis Vanlaningham

NMCB-3 enjoys a Halloween hayride



BU3 Rita Abraham

A slight chill did not stand in the way of these kids on their holiday hay ride.

By NMCB-3 Public Affairs

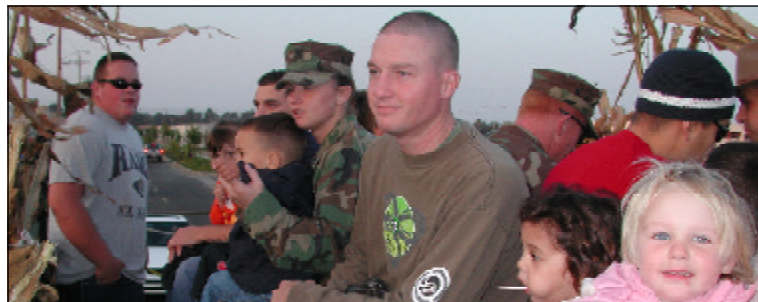
Naval Mobile Construction Battalion Three and their family support group celebrated Halloween a little early this year. Over fifty children and their parents took advantage of a free hayride for the battalion's families on Tuesday, Oct. 29.

With the help of some corn stalks, pumpkins and 24 bales of hay, the appearance of a signature Seabee tractor-trailer

was transformed into a classic autumn hay wagon.

The hayride started at NMCB-3's grinder and brought the children on a thirty-minute experience around base. The children were all smiles and were rewarded by the battalion's family support group with bags of candy once they returned.

The evening was concluded with fifteen pumpkins being raffled off to some lucky winners.



A trip around the base is always more fun on a hay wagon.

Car washing- It's not like it used to be



Picture this – It is a beautiful Saturday afternoon in Point Mugu and as a housing resident, you decide it is time to give your car a bath. You park the car on the driveway, get a bucket, soap, sponge and your garden hose and you are ready for action. It is the same procedure you have done for years and years and years.

Did you know that you could make a difference to our ocean and beaches by changing a few of your old habits? Exactly how environmentally savvy are you? It only takes a little bit more effort to ensure storm water pollution runoff is minimized as it gets into our storm drains and ocean.

Twenty-seven million people in the U.S. are chronic car washers, which translates into that many potential residential car wash polluters. Car washing should always be done with care because the detergent-rich wash water flows down the street and into the storm drains, carrying oils, metals, and other pollutants in the water runoff. To help decrease the impact to sensitive waterway areas, the use of the NEX car washes at both bases are encouraged. In addition, several commercial car washes in the local area offer military and government employee discounts for car washes as well as other services.

The commercial car washing facilities are

designed to treat and re-use the rinse water whenever possible and then discharge any wastewater to the sanitary sewer. The wastewater is then processed at a treatment plant before being released to the environment.

However, if you prefer to wash your car the old-fashioned way, there are a few practices that would decrease the impact to the storm water system.

- Wash your car on gravel, grass or other permeable surfaces. If not, try to divert water to a grassy area so that the rinse water does not run into the street.

- Use hoses with the automatic shut-off nozzle. Mist first, then clean the car with a sponge and a bucket of soap mixture, section by section. Then rinse down. Remember, the more clean water you use, the more wastewater you generate.

- Use only non-toxic, biodegradable soap, pH neutral soap (like coconut soap, citrus cleaner, liquid organic cleaner, Simple Green or Turtle Wax Car Wash Soap, Emerald Series). Regular dishwashing soap and high-performance car wash soaps are high in nitrogen and phosphorus, which are toxic to many fish.

- Use the recommended amount of soap per quantity of water; it is not necessary to have more bubbles for the soap to work

- Try to limit degreasers for tires; if you do



NBVC Environmental Dept.

An NBVC Housing resident washing his car.

use one, choose environmental-friendly degreasers and wipe on with a rag versus spraying it on

- Empty your bucket of wastewater in your sink, not down the driveway or on the grass

It is not easy to make changes, but for the better of the environment, it is worth it to alter your car washing habits. "When it comes down to it, it is just the right thing to do for the environment," said Norm Griffaw, Pollution Prevention Program manager.

Additionally, it keeps NBVC within compliance with future federal, state and local water quality regulations that are being proposed. "The State of California is introduc-

ing a new Clean Water Act regulation next year called NPDES Phase II, which focuses on stormwater pollution prevention within urban areas or near sensitive water bodies. All permittees will need to implement six measurable goals to reduce stormwater pollution," said Michelle Norman, Water Quality Program manager. "We are making great headway in implementing our goals and NBVC is setting a record pace within Ventura County. And the good news is that we will all benefit from it with clean oceans and beaches as a result."

For more information, visit the Environmental Intranet website at <http://199.114.28.9/vnn/environ>.

MUSE provides power to Guam



U.S. Navy

Mobile Utilities Support Equipment 750 kW Power Plant providing power to Naval Computer and Telecommunications Master Area Station housing distribution system.

By CE1 Larry Hurt

On July 4, 2002, Super Typhoon Chata'an devastated the island of Guam. Leaving in its wake 88 percent of the island's residents without water or power. On July 10, Typhoon Halong skirted the island, it was then the first call to the Mobile Utilities Support Equipment (MUSE) Division, Naval Construction Battalion Center, Port Hueneme, Calif. was made requesting utilities support.

MUSE mobilized by quickly preparing two-750 kW power plants and two-1500 kVA substations for airlift to assist in the recovery effort. CM1(SCW) David Pilcic organized technicians in the equipment readiness branch to package the equipment for deployment. SK1 James Samplawski led the preparation and packaging of a thirty-day, self-sufficient, logistical support system for the departing eight-member MUSE team.

On the morning of July 12, with the aid of the 31st Naval Construction Regiment and Naval Mobile Construction Battalion Four, MUSE personnel and their equipment were staged at the airfield at Point Mugu, Calif. Four MUSE technicians, CE1 Everett Utter (Det OIC), CE1(SCW) James Grimme, UT1 Michael Bonner, and CM1 Chad

Lattimer embarked on the first C-5. Four additional team members, CM1(SCW) David Pilcic, CE1 Steven Weber, CE1 Walter Urtz, and SW1 Travis Schellpeper traveled with the MUSE equipment on the next available C-5.

Immediately upon his arrival, Utter and his team worked around-the-clock providing power to Naval Computer and Telecommunications Master Area Station housing plant operations to ensure power stability. On July 29, MUSE personnel began to pack-out with distribution system and technical support to Public Works, Guam, in evaluating mission areas. By July 26, the island was restored to nearly normal operations. MUSE provided standby power the first of the MUSE team returning to Port Hueneme on July 30. A four-man MUSE team remained to complete the recovery assessment, terminate the equipment, and returned on Aug. 2.

At the end of the deployment Lt. Cmdr. Joe Lara, PWC Guam Production Officer, said, "I personally wish to thank Petty Officer Utter and the MUSE team for their professionalism and dedication. They were instrumental in restoring power to the island, not only did they assist with the MUSE assets but they were able to assist us in evaluating our in-place emergency power plan."

Seabee table of allowance undergoing revision

By UCCM(SCW) Keith Frederick

For NMCB-4 Public Affairs

PORT HUENEME, Calif. – Recently members of Naval Mobile Construction Battalion (NMCB) FOUR along with Table of Allowance (TOA) managers from the Seabee Division, Construction Battalion Centers (CBCs) Gulfport, Mississippi and Port Hueneme, had the opportunity to participate in a review of the NMCB TOA. The TOA is the official equipment that a unit is outfitted with to perform their wartime mission. There is a TOA for each Seabee unit in the Naval Construction Force (NCF).

As technology changes, and equipment ages, the TOA must be reviewed or scrubbed in order to determine changes needed so the 'Bees have the things they need to build and fight.

There are thousands of individual items within a TOA. These items range from cots to sleep on, stoves to cook with, to large pieces of construction equipment.

In order to review a TOA it is first broken down into sections such as Civil Engineer Support Equipment (CESE), electrical distribution, tents and support equipment, just to name a few. Each part in a section is looked at and considerations

made include: Does the equipment still support the Seabee mission? Are there enough, or too many? Are the parts still being manufactured? Other factors that guide the review team include available storage space, weight and cost as well. The biggest emphasis however, is placed on mission accomplishment.

As the review progresses, each item is addressed and suggestions are made as to what, if anything, should be done with the parts of the TOA. These recommendations are made to Headquarters, Naval Facilities Engineering Command (NAVFAC) in the form of Allowance Change Requests (ACR), or are declared as change actions initiated by the TOA managers. If the recommendations are approved, then the paper TOA is changed.

However, just because the changes were approved does not mean that the next time you open the TOA containers, there will be all new items waiting for you. It may take years for the changes to get to the field. Many items were purchased in bulk and in the effort of saving dollars these overstocked items will be used up before they are replaced with the new changes.

With careful consideration and the utmost concern placed at succeeding in our mission, the TOA issued to Battalions and other Seabee units will enable us to build, fight and win in the future.

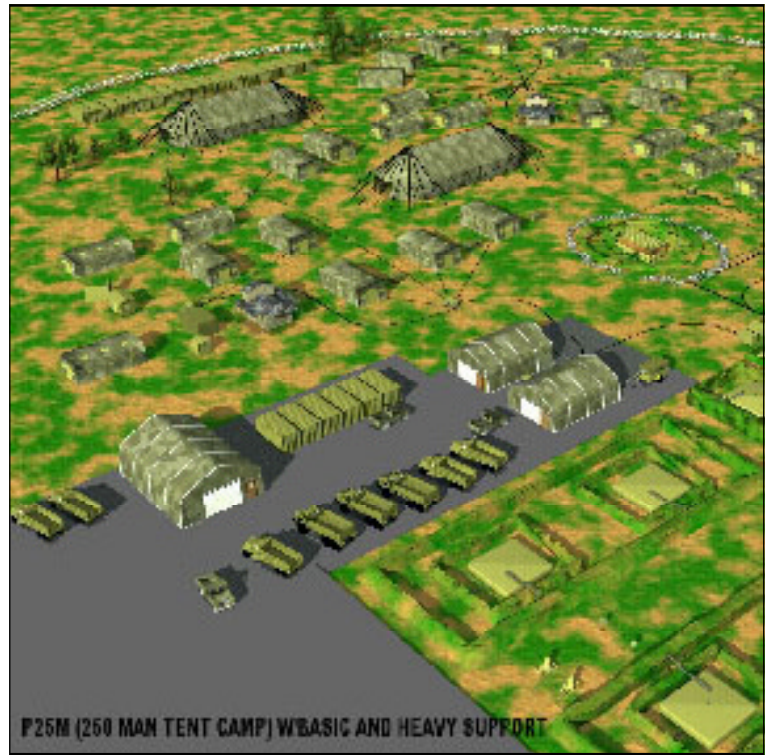


Illustration by Naval Facilities Engineering Command
A computer-generated graphic shows one of dozens of possible Seabee Camp diagrams. This diagram shows the placement of a deployed Main Body campsite.

'Total force recruiting' now a reality

By JO2 Chris Conklin

*Navy Recruiting Command
Public Affairs*

MILLINGTON, Tenn. (NNS) – The Navy Recruiting Command (CNRC) and Naval Reserve Recruiting Command (CNRRC) consolidated Oct. 1, streamlining and establishing a unified, efficient Navy recruiting force.

At a conference in Millington, Tenn., Rear Adm. George E. Voelker, commander, Navy

Recruiting Command, assured key players from both commands the consolidation was a means to unify and establish "total-force recruiting" for the Navy.

There are no plans to transfer any Reserve recruiting personnel to active-duty recruiting, Voelker explained. Goals will not change for CNRC's active or Reserve recruiters. Reserve recruiting headquarters will remain in New Orleans, but it will now function as a Navy-recruiting major command under CNRC's direction, raising the number of major recruiting commands to five.

Field recruiters are not expected to see immediate changes due to the consolidation, according to Sheila Johnson, a CNRC operations research analyst. Reserve recruiters will still recruit for the Reserve force, and active-duty recruiters will continue to recruit exclusively for active-duty Sailors.

"There may be a time in the future when we cross-train the recruiting forces, but that will have to be investigated," Johnson added.

Navy Recruiting Command is taking a phased approach in combining the resources of the two recruiting forces.

One of the first steps taken was establishing a shared communications system for the consolidated command. In September, Reserve recruiting staff members were given access to Navy Recruiting Command's network server, which contains simplified information access for Reserve and active-duty recruiters.

The consolidation of the two commands will benefit both Reserve and active duty recruiting by ensuring that both are governed by a single policy which will incorporate successful practices used in the past.

Housing rules and regulations: Learn them, know them, live them

By Kim Upshaw

Lighthouse Staff

(Editors Note: This is the first in a series of articles outlining dos and don'ts in NBVC housing areas. The goal being a broader understanding of the rules and regulations associated with the base housing areas.)

With the holiday season looming close on the horizon, holiday lighting has again become a hot topic for discussion among base housing residents. According to the handbook provided to all residents of NBVC housing, "Holiday lighting is authorized from Thanksgiving Day until the second weekend in January between the hours of 1700 and

2200" This means that while residents may enjoy decorating for other holidays like the Fourth of July and Halloween, lighted decorations at those times are against the rules. The reason is, as always, energy conservation.

Just like most people turn off the lights when you leave a room, residents should always turn off their holiday lights when no one is home or after 10 p.m.

In addition to the hours that are listed, the handbook also states that roof decorations and lighting above the first floor are not permitted. This rule is to prevent damage to the roofs that can cause leakage or other problems. It is also stated in the handbook that "If such decorations are discovered, the resident will be required immediately to remove them," and that "Residents will be held finan-

cially responsible for any damages to the roof."

With indoor decorations, take care not to hang anything from fire sprinkler heads. This rule applies to the workcenter, the barracks room as well as housing areas. Hanging something from a sprinkler head can cause it not to function properly in the event of a fire. It could also cause damage if the item breaks the sprinkler head causing it to go off and releasing massive amounts of water into the workspace or living area.

The best rule of thumb to follow when decorating your home or office for the holidays is if you are unsure of what is and is not allowed, contact your work center supervisor or call the NBVC Housing Department at (805) 982-4321.



U.S. Navy

A Sailor aboard the aircraft carrier USS Kitty Hawk (CV 63) "mans the rail."

Fleet and training team up for faster exam results

By Naval Education and Training Professional Development and Technology Center, Pensacola Public Affairs

Pensacola, Fla. (NNS) – Results from the September 2002 Navy-wide enlisted advancement exams for E-4, E-5 and E-6 were released by the Bureau of Naval Personnel (BUPERS) nearly seven weeks earlier than previous exam cycles thanks to the Enlisted Advancement Notification Process Initiative.

"We're very excited about this accomplishment," said Cmdr. Chris Arendt, director, enlisted plans and policies on the Chief of Naval Operations' (CNO) staff. "We know this is what the Sailors want and deserve," said Arendt.

Jim Hawthorne, head of the Enlisted Ad-

vancement Division at Naval Education and Training Professional Development and Technology Center's (NETPDTC) Navy Advancement Center in Pensacola, Fla., credits fleet commands and their educational services officers (ESOs), personnel support detachments (PSDs), and personnel support activities (PSAs), as well as fleet post offices for their rapid return of answer sheets. "Without fleet support, this improvement could not have been made," said Hawthorne.

"The quick turnaround on results is a terrific morale booster for Sailors," said Chief of Naval Education and Training (CNET) Vice Adm. Al Harms. "As the training and fleet team becomes even more adept at this new process, I expect that we can achieve even earlier notification of advancement exam results in the future."

Several Enlisted Advancement Notifica-

tion Improvement conferences were held to review traditional notification processes, identify opportunities for improvements, assign improvement tasks, and develop and implement an aggressive advancement process improvement plan. Conference attendees included representatives from the CNO's staff, commander, Fleet Forces Command, CNET, BUPERS, NETPDTC, and various PSDs, PSAs and command ESOs.

Seven major goals were identified: reduce exam processing workload for operating command ESOs, PSDs, and PSAs; improve exam ordering/shipping processes; reduce exam completion discrepancies; reduce time for fleet to return answer sheets for grading; reduce advancement notification time; leverage technology to automate processes; and provide online Internet capabilities for posting results for Sailors and commands.

Naval Supply Systems Command stepped in to set up special mailing processes for the rapid return of answer sheets to NETPDTC. "The result was a well-prepared fleet that was eager to help speed up the process and get exam results into the hands of Sailors much sooner than ever before," said Earl Roe, the acting department head for the Navy Advancement Center.

"There is still more work to be done, and we are aggressively working to implement more process improvements for upcoming exam cycles," said Hawthorne. "With the continued enthusiastic support of the fleet, more improvements will be possible."

For more information on NETPDTC, go to <https://www.cnet.navy.mil/netpdtc>.

For related news, visit the Chief of Naval Education and Training Navy NewsStand page at www.news.navy.mil/local/cnet.

TSP participation growing as open season arrives

By Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) – With the start of the second year of the Thrift Savings Plan (TSP), Sailors have the opportunity to join nearly 88,000 of their active-duty and Reserve shipmates who are currently taking advantage of this tax-deferred investment opportunity.

From Oct. 15 through Dec. 31, Sailors can sign up for TSP or increase their contributions up to the new limit of 8 percent.

"Here's a wonderful opportunity to increase your financial strength," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "With the upcoming 4.1-percent pay raise, Sailors can take a small part of that and save for their futures. Those now enrolled in TSP can up their contributions up to 8 percent. This is an excellent opportunity to increase your future financial power with the change in contributions."

Any active member of the uniformed services or Reservist in any pay status may participate in TSP. Contributions can range from

as little as 1 percent to 8 percent of basic pay. Bonus and incentive pay may also be contributed up to the \$12,000 IRS tax limit allowed in 2003.

For those serving in a combat zone, the current ceiling for contributions is \$40,000. Contribution limits increase through 2007 when there will be no limit on the percentage of basic pay contributed, and the total dollar limit is inflation adjusted.

"Take this opportunity to pay yourself first," said Hoewing. "In most cases, it won't reduce your quality of life now, but it may increase your quality of life in the future thanks to the power of compounding."

TSP investments may be directed to any of five different funds, which vary in risk and investment mixture.

The five funds are government securities investment (G fund), fixed income investment (F fund), common stock index investment (C fund), small capitalization stock index investment (S fund) and international stock index investment (I fund). Contributions are initially directed to the G fund, but service members can redirect their investment

once the account is active.

Enrolling in TSP is easy whether done online or in person. Sailors can access the Employee/Member Self Service (EMSS) Web site at www.dfas.mil/emss and complete the enrollment form (TSP-U-1). A receipt or confirmation for online enrollment is not available because the requests will not be processed until the end of December. However, deductions begin with all pay earned starting in January.

The EMSS site enables service members to enroll during the open season or within 60 days of the date of their enlistment.

Those unable to enroll online or who prefer to do so in person may receive the TSP-U-1 form from their local personnel support detachment (PSD) or may download the form from www.bupers.navy.mil and submit the completed form to the PSD or ship's office for processing.

For more information on TSP click on www.tsp.gov.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at www.news.navy.mil/local/cnp.

Navy focuses on improving support for civilian workforce

By Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) – The Navy has established the Civilian Career Management Division (CCMD), a Bureau of Naval Personnel organization charged with developing mentoring and career management opportunities similar to those available to Sailors.

CCMD will work with Navy leaders and commands to establish processes and procedures to attract, sustain and develop the civilian workforce needed to support the success of the Department of the Navy mission.

"The civilian workforce is part of the total team. We need to make sure we have the right people with the right skills doing

the job, and that includes our civilian team members," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "It's all about accomplishing the mission, and our civilian workforce plays a major role in providing our Navy with the capability to make it happen."

CCMD will provide the means for civilians to plan careers while recognizing differences from military personnel planning.

"A Sailor has the resources, mentoring and tools available to become a future MCPON (Master Chief Petty Officer of the Navy), and a lieutenant has the same resources, mentoring and tools available to become a flag officer. We now want to provide the same resources, mentoring and tools for our civilian employees who aspire to one day entering the senior executive service," said

Assistant Chief of Naval Operations (Manpower & Personnel) Matt Henry.

CCMD strategy covers five areas: recruitment, retention, competency identification, career development and knowledge management.

"Though we are only in the initial stages of this effort, the support and enthusiasm across the Navy for civilian workforce planning has been tremendous," said Tremaine. "We believe this investment will reap dividends for our civilian workforce, greatly contribute to our vision of being an employer of choice and make a positive impact on accomplishing the mission."

For related news, visit the Chief of Naval Personnel Navy NewsStand page at www.news.navy.mil/local/cnp.

Longtime NAVAIR employee passes away

A good friend to many at NAVAIR, Philip J. McPartland, passed away recently.

McPartland grew up in Burlington, Iowa and attended the University of Iowa, graduating with a bachelor's degree in physics in May 1963. He took a job with the Pacific Missile Test Center at Point Mugu in June of that year.

McPartland was a very talented engineer and had a great deal of knowledge in many missile systems. He was also a recipient of the coveted Missile Test Center Fellow award. He was a recognized authority in test and evaluation, and was well known for his research in wavelet and infrared theory and development.

His many contributions have provided the U.S. Navy with many valuable capabilities and technologies. He will be missed by his fellow employees and those inspired everyday by his dedicated service.



Philip J. McPartland



A time for new beginnings

By Bea Volpe, LCSW, ACSW

The beginning of a New Year presents us with a natural opportunity for some new beginnings in our lives. This usually means some change in attitude or behavior. But how do we translate them into action?

One thing at a time: The first step is to recognize that there is something we would like to change and identify exactly what it is. For many of us, there may be more than one thing. Some of us may even be able to make a lengthy list, therefore the next step would be to prioritize. Change works best when we work on one thing at a time so we can focus on it and not feel overwhelmed.

Persistent practice: It is important to realize that change is a process and rarely happens instantly. The process does begin with the awareness that there is something that we could like to change. If we choose to go ahead and devote some energy to making the change, we must be prepared to accept the hard work that goes with it. Wavering and backsliding are a part of the process, as is constantly picking yourself up and doing it again and again, and not giving up the first

time you fail. Success builds, step by step, on success and we also learn from our mistakes. Mistakes are a very important part of our learning experience. The key is to persistently practice the changes you wish to make.

Change is scary: Another thing to be aware of is that change is scary. It brings us into emotionally unfamiliar territory and we are all so comfortable with the familiar, even when it is dysfunctional, therefore we need to be aware of how we may try to sabotage our own efforts to change, when we say things such as, "This is nonsense, why am I bothering with it anyway?" or "Things weren't so bad the way there were." The goal here is to acknowledge your anxiety and continue to make the change anyway.

Rewards of positive change: The wonderful thing about choosing to make positive changes in our lives is that there are so many other rewards that go along with it. When we realize that we have choices, we feel less trapped and more in control of our lives. Most human behavior is learned through practice. Once we learn how to make changes in one area, we can apply what works

FFSC Schedule

Point Mugu

Please call 989-8146 for further information or to sign up for classes.

Base Indoc, November 13-15, 7:30 a.m. - 4 p.m., Bldg. 116

Boot Camp for Dads, November 14, 6 p.m. - 9 p.m., Bldg. 116

Anger Management, November 14 & 21, 9 a.m. - 11 a.m., Bldg. 116

Parenting Skills, November 14 & 21, 2 p.m. - 4 p.m., Bldg. 116

Couples' Communication, November 14 & 21, 6:30 p.m. - 8 p.m., Bldg. 116

Baby Shower, November 20, 6 p.m. - 8 p.m., Bldg. 116

Personal Financial Management, November 20, 8 a.m. - 4 p.m., Bldg. 116

Play Mornings, Every Tues. 9 a.m. - 11 a.m., Chapel Nursery

Preseparation Briefs, Every Thurs., 2 p.m., Bldg. 116

Port Hueneme

Please call 982-4117 for further information or to sign up for classes.

Stress Management, November 12 & 19, 2 p.m. - 3:30 p.m., Bldg. 1169

Sexual Assault Victim Intervention (SAVI) Training, November 12-15, 8 a.m. - 4 p.m., Bldg. 1169

Ombudsman Training, November 12-15, 5:30 p.m. - 9 p.m., Bldg. 1169

Relationships, November 13 & 20, 5:30 p.m. - 7 p.m., Bldg. 1169

Infant Massage, November 13, 6 p.m. - 7:30 p.m., Bldg. 1169

Parenting Ages 0-4, November 14 & 21, 9 a.m. - 11 a.m., Bldg. 1169

Homebuying, November 18, 6 p.m. - 8 p.m., Bldg. 1169

TAP, November 18-21, 8 a.m. - 4 p.m., Bldg. 1169

Retired Activities Office Mini Brief, November 21, 1 p.m. - 3 p.m., Bldg. 1169

Baby & Me, Every Thurs., 11:00 a.m. - Noon, Bldg. 1169

Retired Activities Office (RAO), Daily, 8 a.m. - 4 p.m., Bldg. 1169

Preseparation Briefs, Every Tues. 2 p.m., Bldg. 1169

for us to other changes we wish to make. While learning how to make changes we learn more about ourselves and about how to manage our lives more competently and more realistically. Our successes make us feel competent and there is an increase in self-es-

teem and assertiveness. It feels good!

So, pick those discarded New Year's resolutions off the floor, dust them off and try again - and again - and again. There are many rewards waiting for you when you decide to take charge of your own life.

At the Movies

Needham Theater - Port Hueneme

Thurs. Nov. 7	7 p.m.	Stealing Harvard	PG13
Fri. Nov. 8	7 p.m.	The Four Feathers	PG13
	9 p.m.	Swimfan	PG13
Sat. Nov. 9	2 p.m.	Stealing Harvard	PG13
	7 p.m.	The Banger Sisters	R
	9 p.m.	City by the Sea	PG13
Sun. Nov. 10	7 p.m.	Ballistic: Ecks vs. Sever	R
Thurs. Nov. 14	7 p.m.	The Four Feathers	PG13
Fri. Nov. 15	7 p.m.	The Tuxedo	PG13
	9 p.m.	Stealing Harvard	PG13
Sat. Nov. 16	2 p.m.	Hey Arnold! The Movie	PG
	7 p.m.	Trapped	R
	9 p.m.	The Four Feathers	PG13
Sun. Nov. 17	7 p.m.	Ballistic: Ecks vs. Sever	R

Station Theater - Point Mugu

Fri. Nov. 8	7 p.m.	The Country Bears	G
	9 p.m.	xXx	PG13
Sat. Nov. 9	7 p.m.	The Country Bears	G
	9 p.m.	xXx	PG13
Sun. Nov. 10	2 p.m.	The Country Bears	G
Fri. Nov. 15	7 p.m.	Hey Arnold! The Movie	PG
	9 p.m.	Road To Perdition	R
Sat. Nov. 16	7 p.m.	Hey Arnold	PG
	9 p.m.	Road To Perdition	R
Sun. Nov. 17	2 p.m.	Hey Arnold! The Movie	PG

Reviews

Stealing Harvard (PG-13) Starring: Jason Lee, Tom Green **Synopsis:** How far will people go to pay for higher education? This comedy answers that question following a normally law-abiding citizen who goes on a crime spree to pay for his niece's tuition at Harvard. **Runtime:** 83 minutes

The Four Feathers (PG-13) Starring: Heath Ledger, Kate Hudson **Synopsis:** Period adventure profiles a British colonial officer who resigns his post rather than fight in the Sudan. But after his three best friends and fiancée shun him as a coward, he sets out to prove his bravery to each of them. Based on the novel by A.E.W. Mason. **Runtime:** 123 minutes

Swimfan (PG-13) Starring: Erika Christensen, Jesse Bradford **Synopsis:** Psycho-teen thriller about a star high-school athlete whose idyllic life is ruined by a sultry new classmate with psychotic tendencies. **Runtime:** 84 minutes

The Banger Sisters (R) Starring: Susan Sarandon, Goldie Hawn **Synopsis:** Baby-boomer comedy chronicles the reunion of two former rock groupies 20 years after their hard-partying heyday. But while one has continued to rock out over the last two decades, the other has settled down and become a respectable (i.e. boring) housewife. **Runtime:** 97 minutes

City by the Sea (R) Starring: Robert De Niro, Frances McDormand **Synopsis:** Gritty crime drama about a New York City homicide detective who learns that his own son is a murder suspect. His investigation into the matter forces him to confront his own shortcomings as a father. **Runtime:** 108 minutes

Ballistic: Ecks Vs. Sever (R) Starring: Lucy Liu, Antonio Banderas **Synopsis:** Espionage action chronicles the high-stakes duel between Jeremiah Ecks, a former FBI manhunter, and a mysterious assassin named "Sever," who has kidnapped the son of a high-ranking intelligence official. Based on the popular video game. **Runtime:** 87 minutes

The Tuxedo (PG-13) Starring: Jackie Chan, Jennifer Love Hewitt **Synopsis:** Action/comedy about a mild-mannered chauffeur who accidentally acquires a high-tech tuxedo that gives him near-superhuman powers. Unfortunately, the shady makers of the suit soon come looking for it. **Runtime:** 96 minutes

Hey Arnold! The Movie (PG) Starring: Spencer Klein, Paul Sorvino **Synopsis:** Nickelodeon's popular football-headed fourth grader sets about foiling a construction magnate's plans to bulldoze his funky urban neighborhood in this animated kids' dramedy. **Runtime:** 75 minutes

Trapped (R) Starring: Charlize Theron, Kevin Bacon **Synopsis:** Psychological thriller about a young, well-to-do Oregon couple whose young daughter is abducted. When the kidnappers separate the three family members to negotiate the girl's ransom, the victims turn the tables on their captors. **Runtime:** 105 minutes

The Country Bears (G) Starring: Haley Joel Osment, Christopher Walken **Synopsis:** Live-action, musical kids' comedy about a young bear who plans the reunion of the titular band to raise enough money to save Country Bear Hall. Along the way, he learns a lesson about the importance of family. Loosely based on Disneyland's animatronic attraction. **Runtime:** 88 minutes

xXx (PG-13) Starring: Vin Diesel, Samuel L. Jackson **Synopsis:** Over-the-top espionage thriller about a dynamic extreme-sports star who is recruited by a shady government agent to use his athletic skills to foil an international conspiracy. **Runtime:** 120 minutes

Road to Perdition (R) Starring: Tom Hanks, Paul Newman **Synopsis:** Bleak crime drama about a Depression-era hit man devoted to two things — killing his targets and raising his family. But when tragedy strikes the latter, he takes his eldest son along on a horrifically bloody vendetta. **Runtime:** 119 minutes



Chapel Schedule

Point Mugu

For information please phone 989-7967

Worship

Sunday Mass: 9 a.m.

Sunday Protestant Worship: 11 a.m.

Weekday Mass: Tuesday & Thursday at 11:30 a.m.

Religious Education

Catholic CCD: Sunday at 10:15 a.m. and Monday at 6 p.m.

Protestant Children's Church: Sundays during worship

For information regarding the Sacraments please call the office.

Port Hueneme

For information please phone 982-4358

Worship

Saturday Mass: 5 p.m.

Sunday Mass: 11 a.m.

Sunday Protestant Worship: 9 a.m.

Christian Science Service: 2 p.m.

Weekday Mass: Monday, Wednesday and Friday at 11:30 a.m.

Religious Education

Sunday Adult Protestant Education: 8 a.m.

Protestant Children's Church up to 5th grade during worship*

* (3 Sundays Per Month)

Catholic CCD: Tuesday at 5 p.m. and 6:30 p.m.



Navy Relief

Your first resource. Not your last

Vehicle broken down? A repair loan may be available to you through the Navy-Marine Corps Relief Society. Don't charge your credit card to cover the cost. Call the Port Hueneme Navy Relief at 982-4409. They can offer interest-free loans for necessary vehicle repairs. All you need is a current driver's license, registration, insurance, viable budget for repayment, and the estimated cost of repairs.



Calendar of Events

Crochet Wednesday – Held the 1st and 3rd Wednesday at the Chapel from 9-12noon. Children are welcome.

Thrift Shop – Opened each Mon. and Wed. from 10 a.m.-2 p.m. Located in bldg. 829 behind NCTC (the white house) on 15th Ave.

Budget for Baby Class – second Tuesday of the month, call Navy Relief at 982-4409 for locations and times.

Volunteer Orientation – Every second Thursday of the month, call 982-4409 to register.

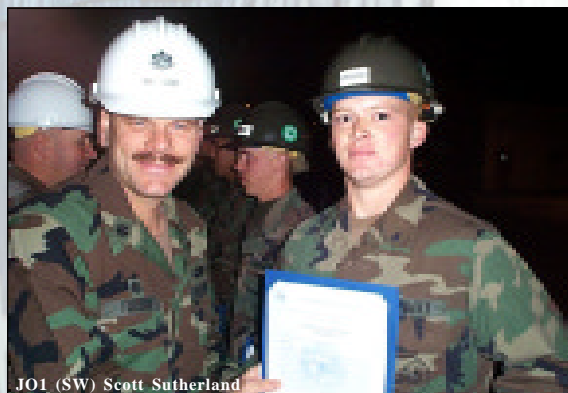


Shining Sailors...



PH1(AW/SW) Anthony Briggs

AD1(AW/SW) Meecha Jackson receives her certification as a master training specialist from Lt. Cmdr. Dave Atkins during NAMTRAGRUDET Point Mugu quarters.



JO1 (SW) Scott Sutherland

EACN Edward Brock (right) of Manistique, Mich., receives a Letter of Commendation from Naval Mobile Construction Battalion (NMCB) Five Commanding Officer Cmdr. David Fleisch. NMCB-5 is homeported in Port Hueneme and is currently deployed to Rota, Spain.



PH3 Anthony Hayes

Lt. Cmdr. Michael Carambass receives the Air Medal from Captain Roger Jaskot for meritorious service during COMAEWWINGPAC Quarters.



JO1 (SW) Scott Sutherland

UT2(SCW) Thomas Wilhorn (right), receives a Letter of Commendation from Cmdr. David Fleisch.



Naval Surface Warfare Center presents five shining Sailors during a Military Awards Ceremony. (From l to r) FCC (SW) Erik F. Hawn receives a Navy and Marine Corps Commendation Medal; FCC (SW) Kurt T. Preissler a Navy and Marine Corps Achievement Medal; FC1 (SW) Joseph G. Depietro, Jr. a Navy and Marine Corps Achievement Medal; BM1 (SW) Kevin Richmond a Letter of Commendation from USS Boxer (LHD 4); and FC2 (SW) Wayne Palmer a Letter of Commendation from USS RUSHMORE (LSD 47).

For submission of military awards of your command or department's shining Sailors, contact PH3 Anthony Hayes at email: HayesAR@nbvc.navy.mil or by phone: (805)989-9266. Please send photos or high resolution, 300 dpi .jpeg digital images with a full caption of all persons appearing in the photo including first names and ranks, the award description and the photographer's name for recognition.